

INTRODUCTION

The secret science of Breathing, Swara Sastra, was first revealed to Parvati by Siva who taught Hatha Yoga also to her. Swara Sastra is a supplement to, but not a substitute for, the Science of Prana Yama which forms the fourth Anga or part of Astanga Yoga Sadhana.

As the original Sanskrit work may not be accessible to the large English-knowing public, I have ventured to reveal the secrets of this science in a small booklet. I have analysed, rearranged and reshaped it so as to make it applicable to "Man's actions in the ordinary business of life." I have not however tried to give any rationale in terms of our modern knowledge. The test of the pudding is in the eating. The test of this science is in the acting. You can gradually build up your faith in this science by testing its laws by the logic of your own experience.

The secular utility of this science is as great as its spiritual value. Its jurisdiction is so vast that it ranges from self realisation to sexual cohabitation, from law making to love making or letter writing.

This booklet will be a guide to everyone, whether he be a saint or shopkeeper, a cabinet minister or a cab driver. In the beginning you have to make this hand book as indispensable and as inseparable as your money purse. Carry this always in your pocket for consultation. You need not feel guilty or ashamed if you are caught in that act. In course of time you can master all the details. You will attain a sort of mechanical perfection. It becomes as easy as smoking or cycling to act in the correct nadi.